




SEPTEMBER 2020



Monday	Tuesday	Wednesday	Thursday	Friday
	¹ Beef Taco Fiesta Bowl Black Beans & Corn Brown Rice Fruit Milk	² Chicken Teriyaki w/Brown Rice Broccoli & Carrots Fruit Milk	³ Deli Chicken & Provolone Sandwich Coleslaw Salad Cucumber Slices Fruit Milk	⁴ Baked Ziti w/ Meat Sauce California Vegetable Blend Fruit Milk
⁷ Senior Center Closed Happy Labor Day	⁸ Spaghetti w/ Meat Sauce California Vegetable Blend Fruit Milk	⁹ Salisbury Steak w/Gravy Mashed Potatoes Green Beans WG Dinner Roll Fruit Milk	¹⁰ Cajun Chicken Salad Sandwich Carrot Raisin Coleslaw Jicama Sticks Fruit Milk	¹¹ Chicken Burrito Bowl w/ Brown Rice Pinto Beans & Corn Fruit Milk
¹⁴ Chicken Fajitas Peppers & Onions Brown Rice Fruit Milk	¹⁵ Turkey Pot Roast Seasoned Diced Potatoes Green Beans Dinner Roll Fruit Milk	¹⁶ Beef & Pinto Bean Chili Corn Muffin 5- way Mixed Vegetables Fruit Milk	¹⁷ Tuna Salad Sandwich Potato Salad Cherry Tomatoes Fruit Milk	¹⁸ Sweet & Sour Chicken Brown Rice Garbanzo & Edamame Beans Blend Fruit Milk
²¹ Chicken Parmesan Potato Wedges 5-Way Mixed Vegetables Fruit Milk	²² Beef Enchilada Casserole w/ Beans & Corn Fruit Milk	²³ Breakfast for Lunch: Turkey Sausages (2) , Egg Frittata Patty *contains ham*, French Toast (2) Seasoned Diced Potato's Pepper & Onions Fruit & Milk	²⁴ Malibu Ranch Pasta Salad w/ Chicken Cherry Tomatoes Apricot Halves (canned) Milk	²⁵ Chicken Burrito Bowl w/ Brown Rice Pinto Beans & Corn Fruit Milk
²⁸ BBQ Beef Meatballs Corn & Broccoli Corn Muffin Fruit Milk	²⁹ Beef Taco Black Beans Corn & Brown Rice Fruit Milk	³⁰ Chicken Teriyaki w/ Brown Rice Broccoli & Carrots Fruit Milk	SOUTH PASADENA SENIOR CENTER Reservations required in advance \$2.75 Grab n Go or \$3.00 Delivery (626)403-7360 Weekend meals available by reservation NOTE: MENU SUBJECT TO CHANGE W/O NOTICE	